

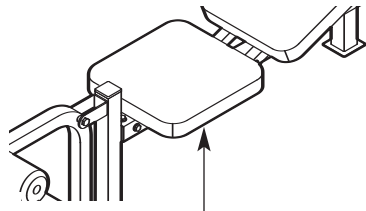
# WEIDER®

# 1555

Model No. WEBE0635.1

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

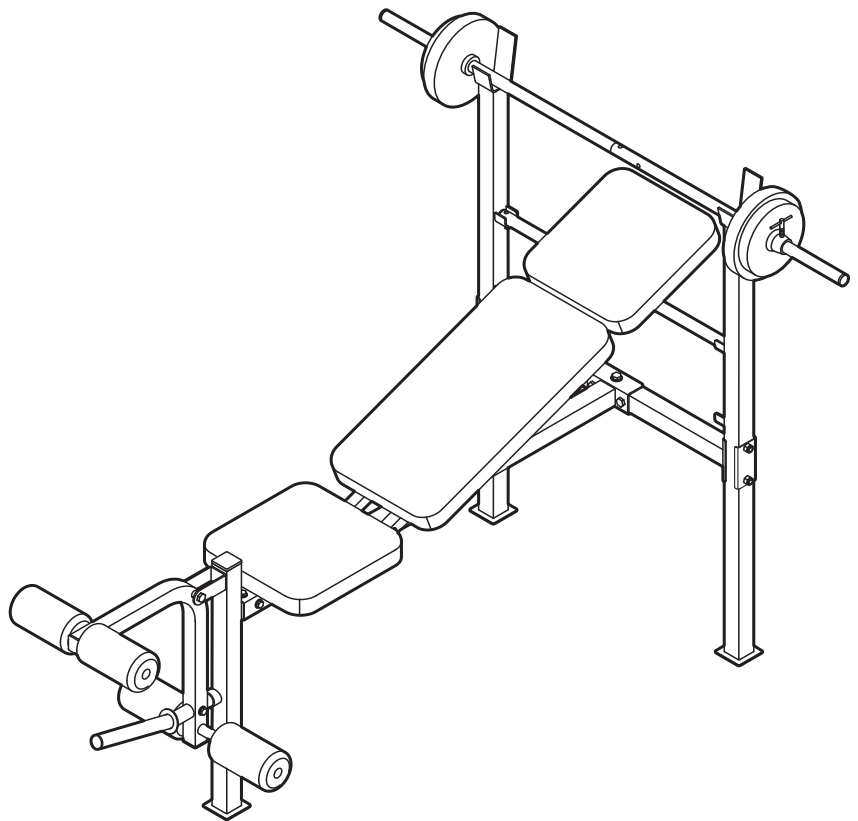
CALL TOLL-FREE:

**1-877-992-5999**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

[www.weiderservice.com](http://www.weiderservice.com)



## ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

[www.weiderfitness.com](http://www.weiderfitness.com)

*new products, prizes,  
fitness tips, and much more!*

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

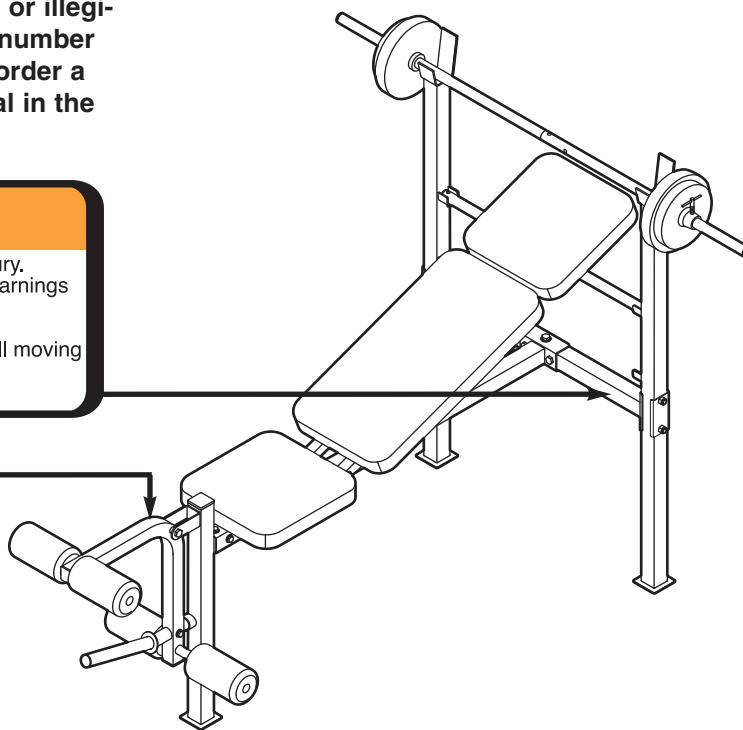
The decals shown here have been placed on the weight bench. If a decal is missing or illegible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

**⚠ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

**⚠ WARNING**

Keep hands and fingers clear of this area.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use the weight bench.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Always wear athletic shoes for foot protection while exercising.
8. Keep hands and feet away from moving parts.
9. The weight bench is designed to support a maximum user weight of 300 pounds. Do not place more than 110 pounds, including the barbell, on the uprights. Do not place more than 50 pounds on the leg lever.
10. Always place an equal amount of weight on each side of the barbell.
11. Always secure the weights with the lock collars when they are mounted on the barbell.
12. When using the Leg Lever (7), place a barbell with the same amount of weight on the Uprights (not shown) to balance the bench.
13. Always make sure that the pins on the adjustment tube are fully inserted into the brackets on the uprights before exercising.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# BEFORE YOU BEGIN

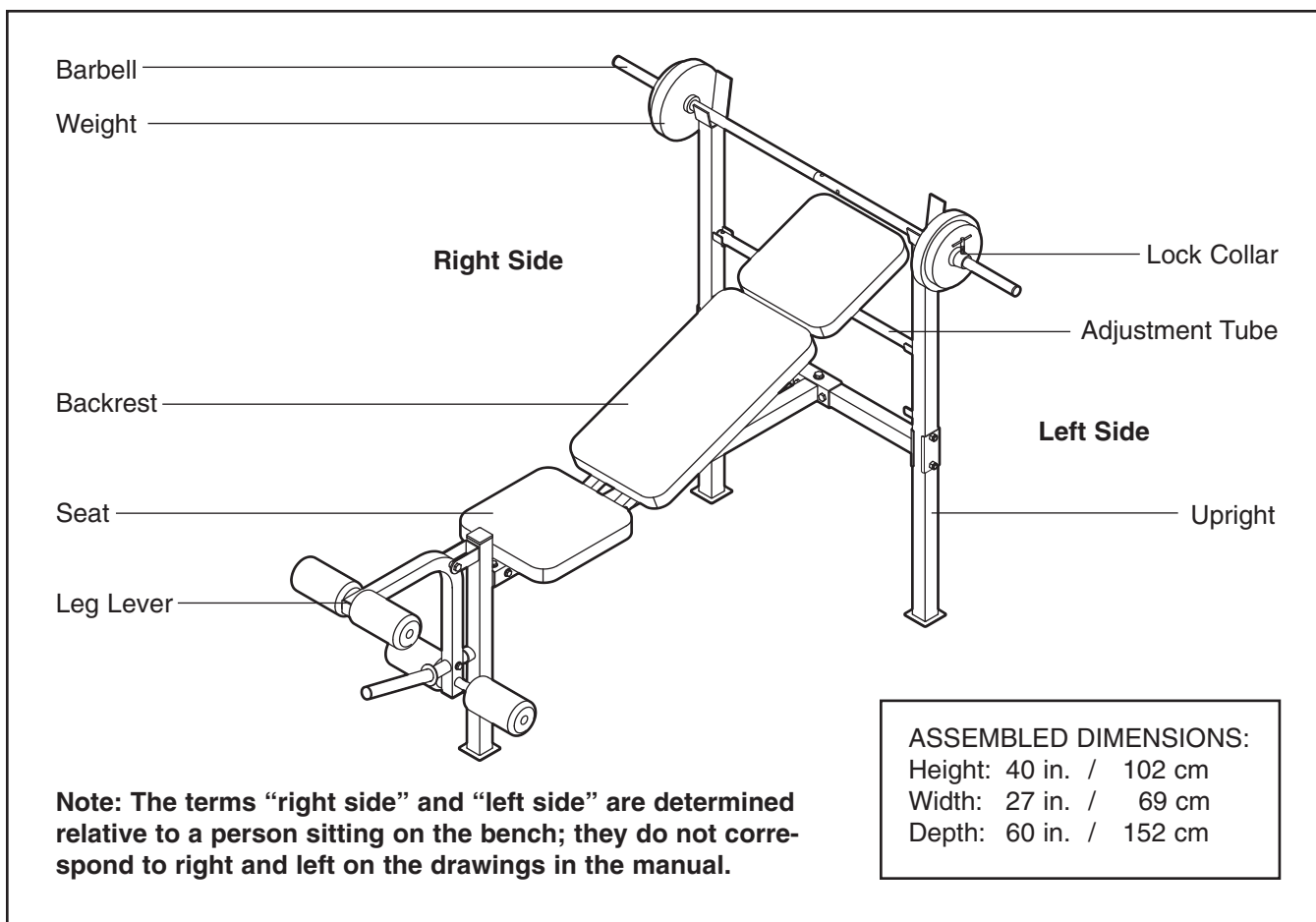
Thank you for selecting the versatile WEIDER® 155 weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product

model number and serial number before calling. The model number is WEBE0635.1. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

**To avoid a registration fee for any service needed under warranty, you must register the weight bench at [www.weiderservice.com/registration](http://www.weiderservice.com/registration).**

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

## Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by almost anyone. However, the weight bench has many parts and the assembly process will take time. By setting aside plenty of time, assembly will go smoothly.



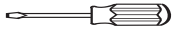
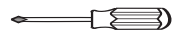
To hire an authorized service technician to assemble the weight bench, call toll-free 1-800-445-2480.

Before beginning assembly, carefully read the following information and instructions:

- Because of its weight and size, the weight bench should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- Assembly requires two people.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

The included grease, and the following tools (not included) may be required for assembly:

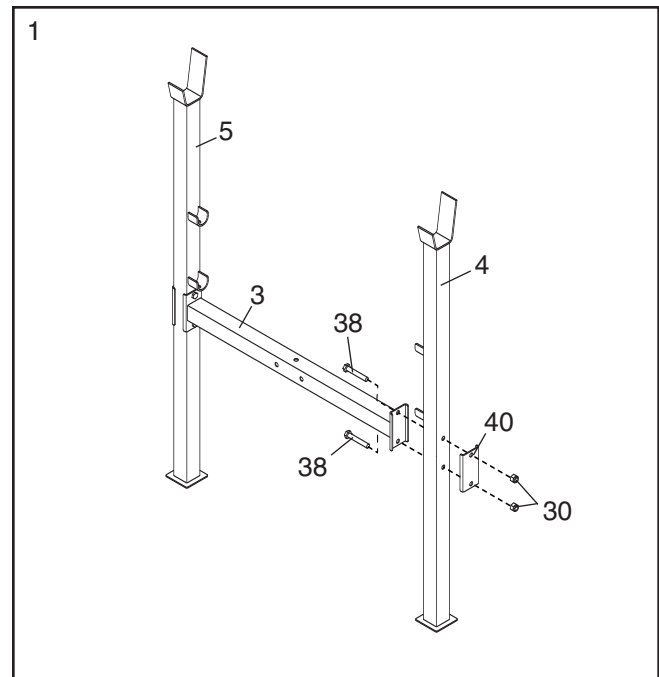
- Two adjustable wrenches 
- One hammer 
- One standard screwdriver 
- One Phillips screwdriver 
- Clear tape or masking tape, and soapy water.

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

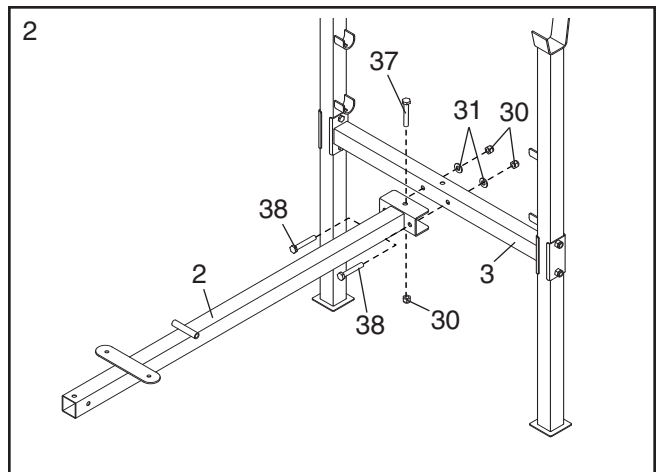
1. Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART in the center of this manual.

Attach the Left Upright (4) to the Center Frame (3) with two M8 x 53mm Bolts (38), a Support Plate (40), and two M8 Nylon Locknuts (30). **Do not tighten the Locknuts yet.**

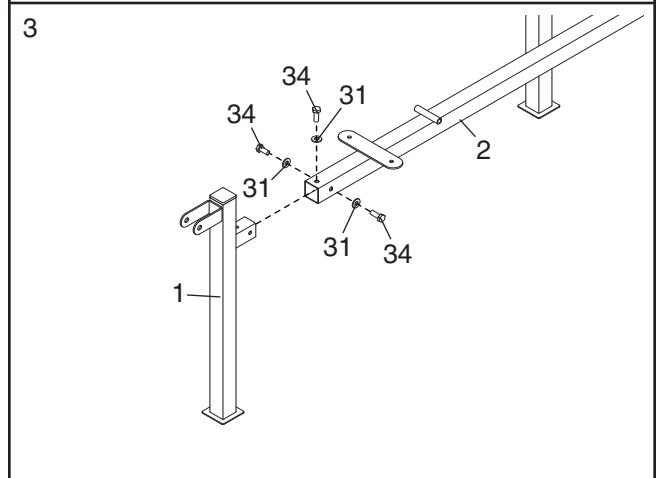
Attach the Right Upright (5) to the Center Frame (3) in the same manner.



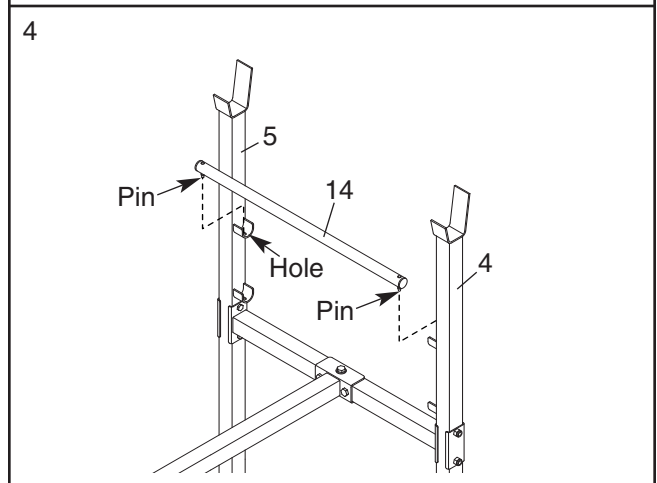
2. Attach the Bench Frame (2) to the Center Frame (3) with two M8 x 53mm Bolts (38), two M8 Washers (31), and two M8 Nylon Locknuts (30); and an M8 x 55mm Bolt (37) and another M8 Nylon Locknut (30). **Do not tighten the Locknuts yet.**



3. Attach the Front Leg (1) to the Bench Frame (2) with three M8 x 15mm Screws (34) and three M8 Washers (31).

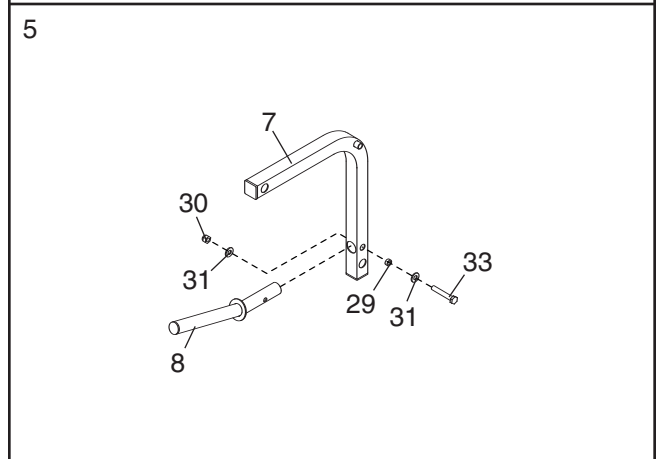


4. Set the Adjustment Tube (14) into a set of brackets on the Uprights (4, 5). **Make sure that the pins on the Adjustment Tube are inserted into the holes in the brackets.**

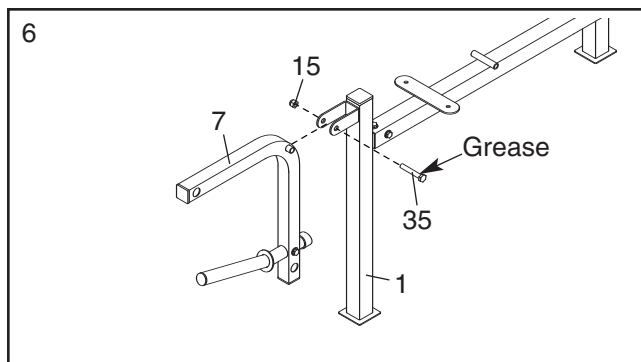


**Tighten the M8 Nylon Locknuts (30) used in steps 1 and 2.**

5. Attach the Weight Tube (8) to the Leg Lever (7) with an M8 x 45mm Bolt (33), two M8 Washers (31), the 4mm Spacer (29), and an M8 Nylon Locknut (30).

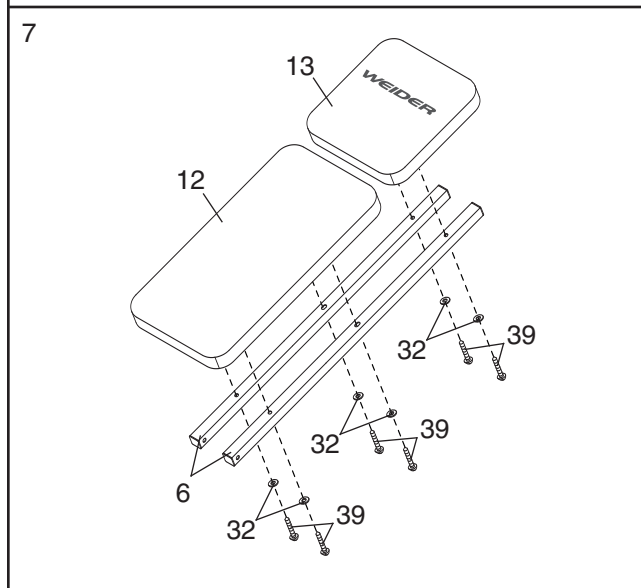


- Grease the M10 x 55mm Bolt (35). Attach the Leg Lever (7) to the Front Leg (1) with the Bolt and an M10 Nylon Locknut (15). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



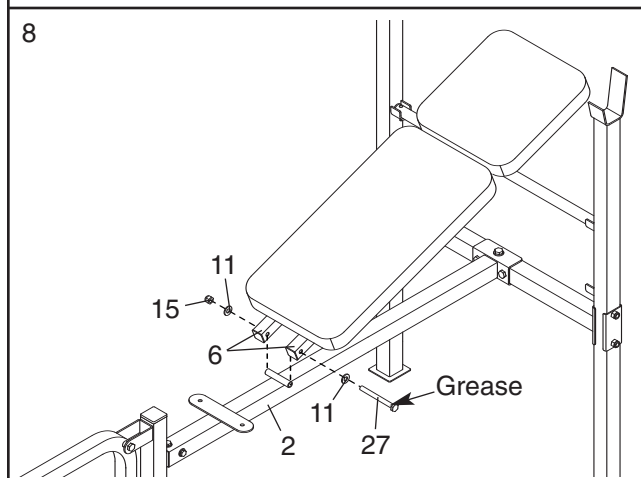
- Attach the Large Backrest (12) to the Backrest Frames (6) with four M6 x 38mm Screws (39) and four M6 Washers (32). **Do not tighten the Screws yet.**

Attach a Small Backrest (13) to the Backrest Frames (6) with two M6 x 38mm Screws (39) and two M6 Washers (32). **Do not tighten the Screws yet.**

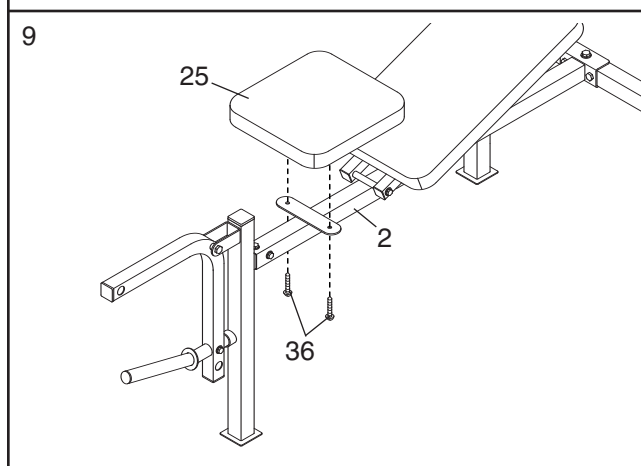


- Grease the M10 x 160mm Bolt (27). Attach the Backrest Frames (6) to the Bench Frame (2) with the Bolt, two M10 Washers (11), and an M10 Nylon Locknut (15). **Do not overtighten the Locknut; the Backrest Frames must be able to pivot easily.**

**Tighten the M6 x 38mm Screws (39) used in step 7.**

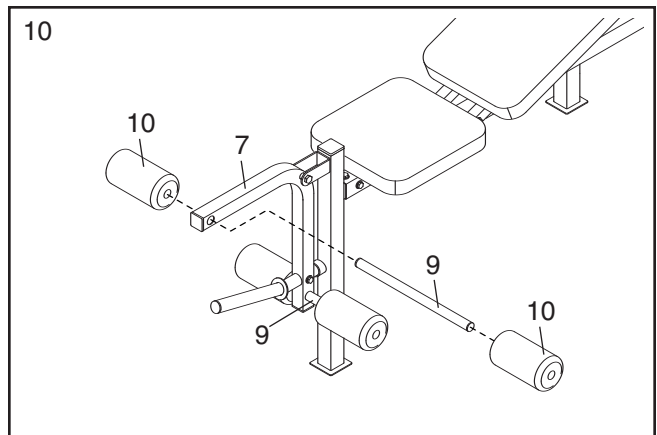


- Attach the other Seat (25) to the Bench Frame (2) with two M6 x 16mm Screws (36).

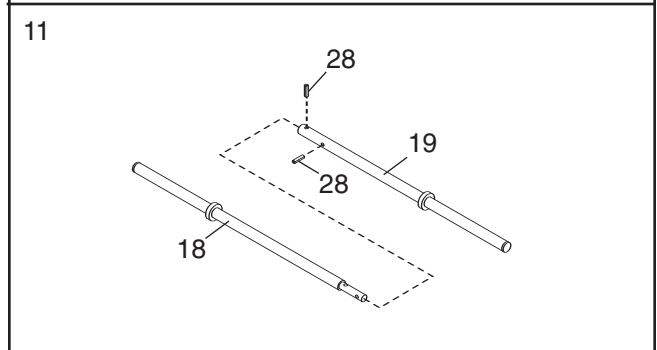


10. Insert a Pad Tube (9) into the Leg Lever (7). Slide two Foam Pads (10) onto the Pad Tube.

**Repeat this step with the other Pad Tube (9).**



11. Attach the Inner Bar (18) to the Outer Bar (19) with the two Roll Pins (28).



12. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the next page.



# ADJUSTMENTS

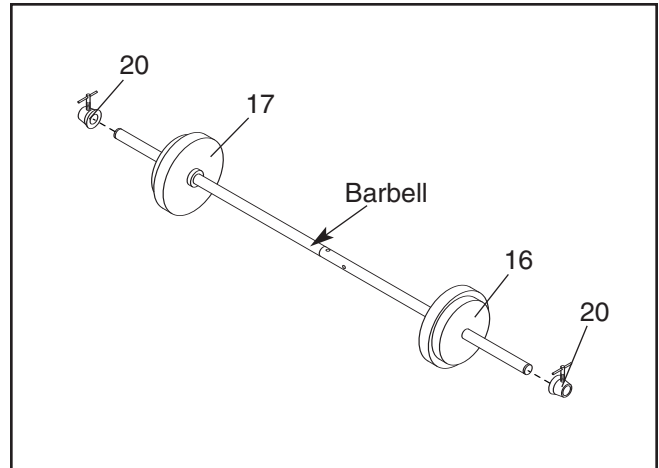
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ATTACHING WEIGHTS TO THE BARBELL

Slide an equal amount of Weight (16, 17) onto each end of the barbell. Slide the two Lock Collars (20) against the Weights and tighten them fully.

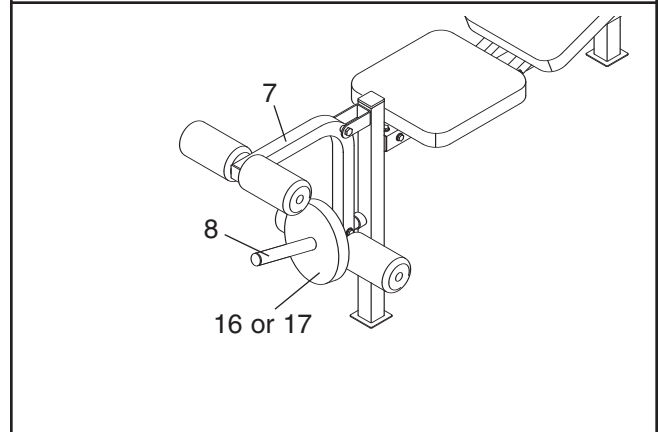
**⚠ WARNING:** Always secure the Weights (16, 17) on the barbell with the Lock Collars (20). Always place an equal amount of weight on each side of the barbell. Never use the barbell with more than 100 pounds.



## USING THE LEG LEVER

To use the Leg Lever (7), slide the desired Weights (16 or 17) onto the Weight Tube (8).

**⚠ WARNING:** Do not place more than 50 pounds on the Weight Tube (8). When using the Leg Lever (7), place a barbell with the same amount of weight on the Uprights (not shown) to balance the bench.

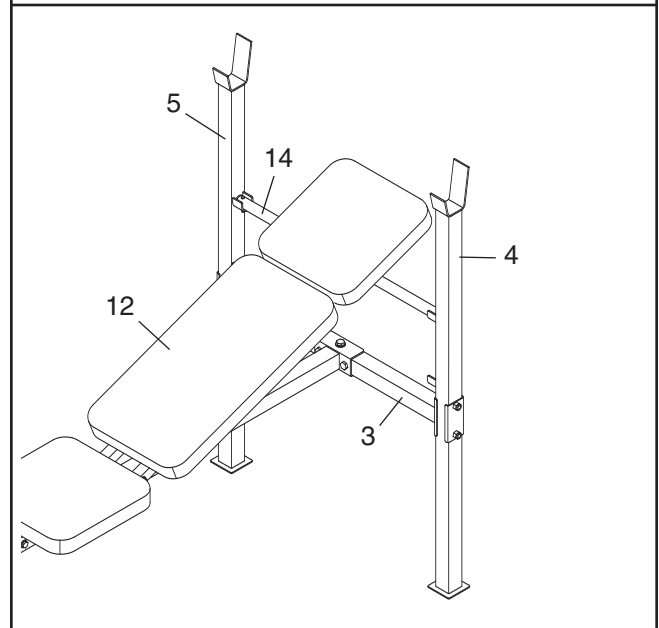


## ADJUSTING THE BACKREST

To adjust the Backrest (12) to a level position, lift the Backrest and remove the Adjustment Tube (14). Rest the Backrest on the Center Frame (3).

To adjust the Backrest (12) to an inclined position, lift the Backrest and move the Adjustment Tube (14) to the desired set of brackets on the Uprights (4, 5). Rest the Backrest on the Adjustment Tube.

**⚠ WARNING:** Make sure that the pins on the Adjustment Tube (14) are inserted into the holes in the brackets on the Uprights (4, 5).



---

# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an exercise cycle or an elliptical exerciser, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

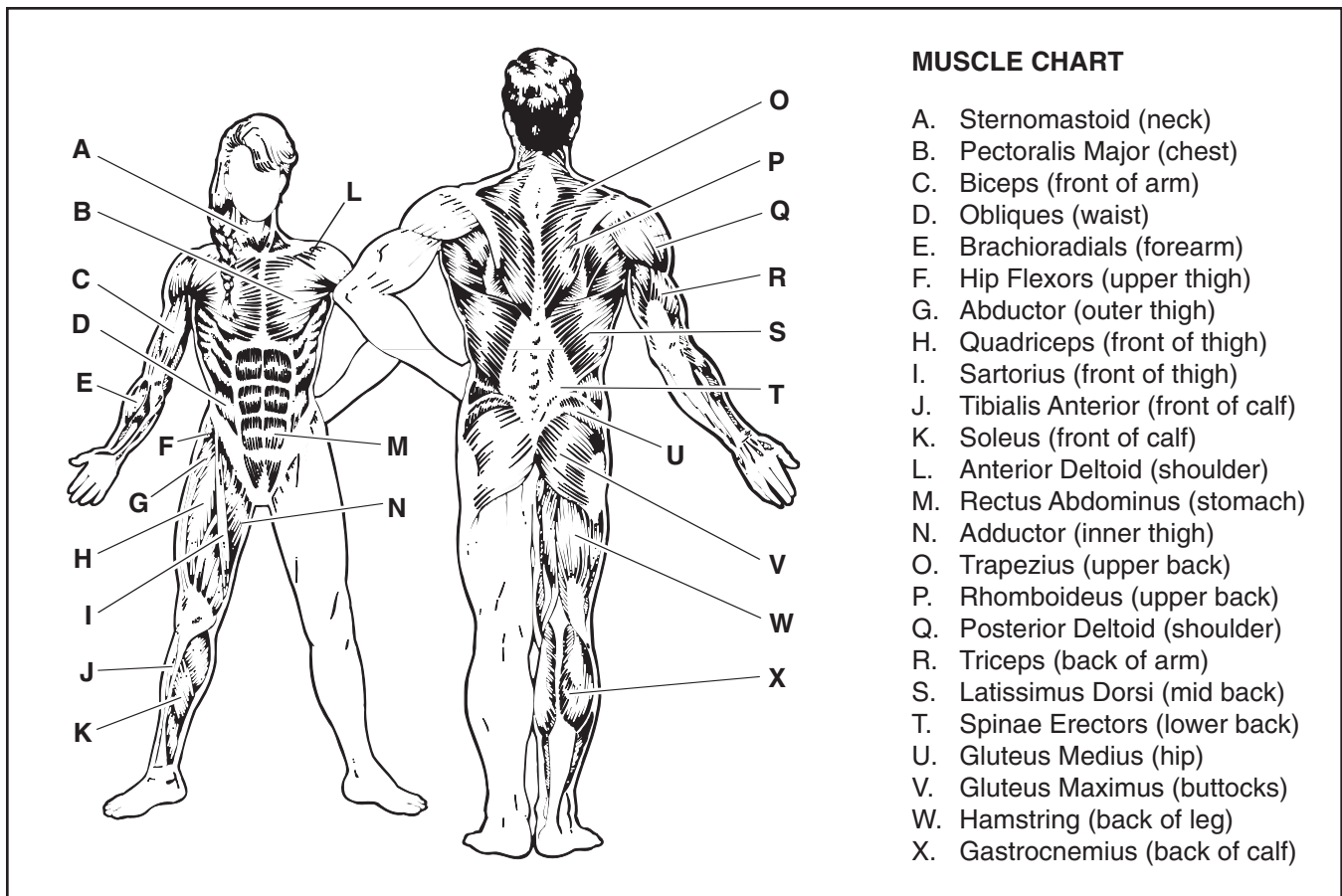
### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

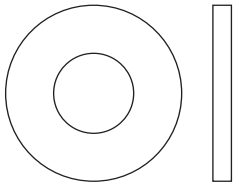


### MUSCLE CHART

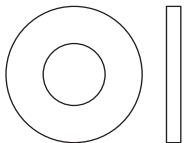
- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

# PART IDENTIFICATION CHART

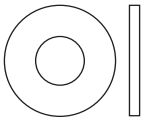
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



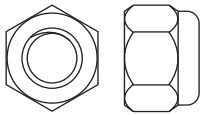
M10 Washer (11)



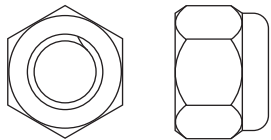
M8 Washer (31)



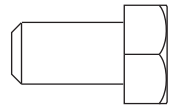
M6 Washer (32)



M8 Nylon Locknut (30)



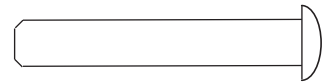
M10 Nylon Locknut (15)



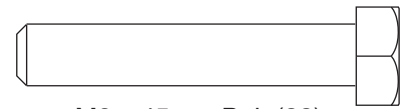
M8 x 15mm Screw (34)



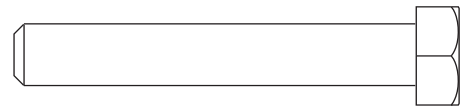
M6 x 16mm Screw (36)



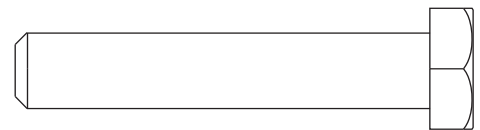
M6 x 38mm Screw (39)



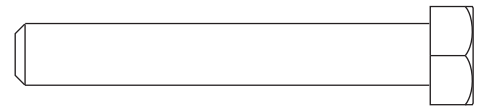
M8 x 45mm Bolt (33)



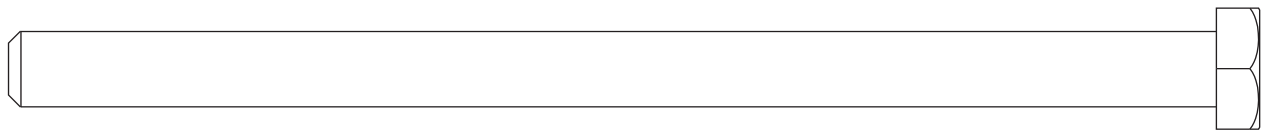
M8 x 53mm Bolt (38)



M10 x 55mm Bolt (35)



M8 x 55mm Bolt (37)



M10 x 160mm Bolt (27)

# PART LIST—Model No. WEBE0635.1

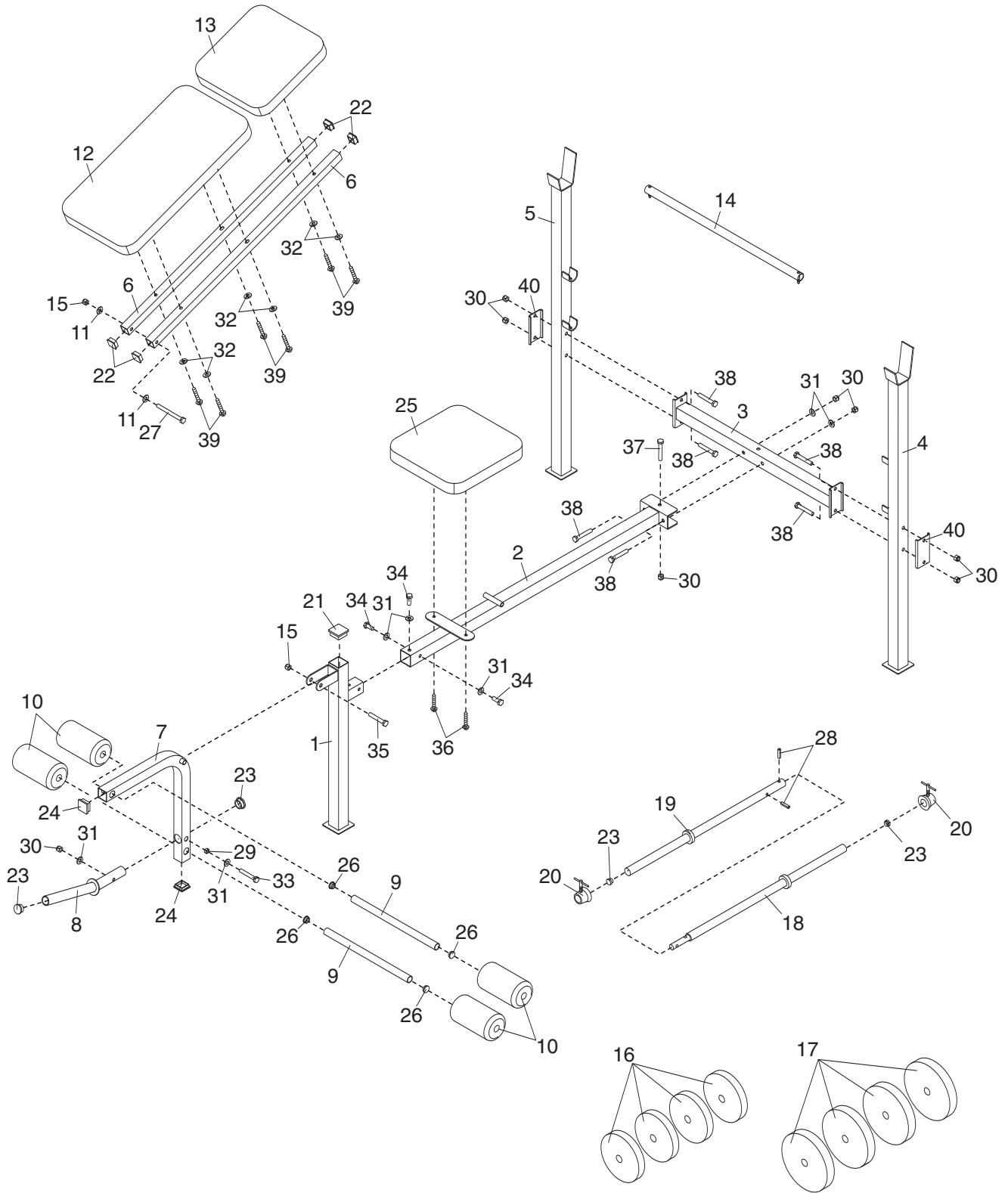
R1005A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Front Leg	23	4	25mm Round Cap
2	1	Bench Frame	24	2	32mm Square Cap
3	1	Center Frame	25	1	Seat
4	1	Left Upright	26	4	19mm Round Cap
5	1	Right Upright	27	1	M10 x 160mm Bolt
6	2	Backrest Frame	28	2	Roll Pin
7	1	Leg Lever	29	1	4mm Spacer
8	1	Weight Tube	30	8	M8 Nylon Locknut
9	2	Pad Tube	31	7	M8 Washer
10	4	Foam Pad	32	6	M6 Washer
11	2	M10 Washer	33	1	M8 x 45mm Bolt
12	1	Large Backrest	34	3	M8 x 15mm Screw
13	1	Small Backrest	35	1	M10 x 55mm Bolt
14	1	Adjustment Tube	36	2	M6 x 16mm Screw
15	2	M10 Nylon Locknut	37	1	M8 x 55mm Bolt
16	4	10-pound Weight	38	6	M8 x 53mm Bolt
17	4	15-pound Weight	39	6	M6 x 38mm Screw
18	1	Inner Bar	40	2	Support Plate
19	1	Outer Bar	#	1	User's Manual
20	2	Lock Collar	#	1	Exercise Guide
21	1	38mm Square Cap	#	1	Grease Packet
22	4	25mm Square Cap			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. WEBE0635.1

R1005A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEBE0635.1)
- the NAME of the product (WEIDER 155 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**